

Gems from the Gym

February

Punxsutawney Phil saw his shadow so we have 6 more weeks of winter! February is our shortest month AND we have our February vacation included. Before vacation we will be continuing our basketball unit where we are concentrating on dribbling, passing, shooting and defense. We also play games that have basketball as part of the game! After vacation we will be getting ready for our American Heart Association Jump Rope for Heart fundraiser that will be held at the beginning of March. There will be information going home about the fundraiser, an assembly and also all you need to know on our PE website. The website information will be posted after vacation.

The Fit and Lit program is going well and if you need extra log sheets you can find them in our library or you can download them from our PE website.

Once again a gentle reminder about sneakers and water bottles for gym days. Have a great February, keep reading, keep moving, eat “everyday” food everyday and “sometimes” food sometimes and keep smiling!!